



ISLAND ACTIVITIES



Hilton

SEYCHELLES LABRIZ
RESORT & SPA

ACTIVITIES & EXCURSIONS

MONDAY

08:00 - 11:00	Coastal Trolling
11:00 - 12:00	Aqua Yoga
09:00 - 15:30	Hike to Anse Mondon
17:00 - 19:00	Sunset Cruise

TUESDAY

08:00 - 09:00	Morning Yoga
11:00 - 15:30	Picnic to Anse Mondon
17:00 - 19:00	Silhouette Fishing
17:00 - 17:30	Nature Talk

WEDNESDAY

08:00 - 11:00	Coastal Trolling
09:00 - 13:00	Hike to Jardin Marron
12:00 - 14:00	Creole Cooking Class
17:00 - 19:00	Sunset Cruise

THURSDAY

07:30 - 11:30	Offshore Fishing
11:00 - 12:00	Aqua Yoga
12:00 - 14:00	Creole Cooking Class
17:00 - 19:00	Silhouette Fishing

FRIDAY

08:00 - 09:00	Morning Yoga
08:30 - 18:00	Grand Barbe
Everyday Morning & Afternoon	Island Tour

SATURDAY

07:00 - 08:30	Hike to RamasseTout
11:00 - 15:30	Picnic to Anse Mondon
17:00 - 19:00	Silhouette Fishing

SUNDAY

08:00 - 11:00	Coastal Trolling
Everyday Morning & Afternoon	Island Tour
17:00 - 19:00	Sunset Cruise

NOTES

- All excursions and activities are subject to the weather conditions.
- All activities require prior reservation as we have limited the number of participants as a safety measure.



Hiking On Silhouette

RAMASSE TOUT



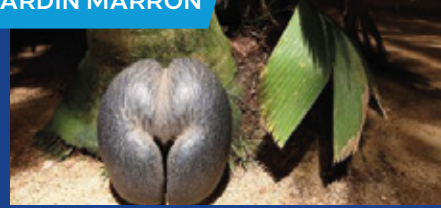
Take a stroll once again through history; across the old grave yard of the previous residents of Silhouette to the edge of the island for a mesmerizing view of the main trade channel between Silhouette and Mahe.

DISTANCE: 1.5 KM each way

TIME: 45 minutes each way

DIFFICULTY LEVEL: Easy

JARDIN MARRON



Take a walk down memory lane to the center of Silhouette island via a trail initially trodden by slaves fleeing La Passe village in the 19th century. Also the only known location of Coco de Mer on Silhouette.

DISTANCE: 3 KM one way

TIME: 1,5 - 2 hours one way

DIFFICULTY LEVEL: Medium, Hard

ANSE MONDON



This beautiful hike through the National Park will guide you to the stunning "Belle Vue" viewpoint followed by a small, secluded cove where you will have the chance to cool off on the beach or swim in the crystal-blue sea.

DISTANCE: 3 KM each way

TIME: 1.5 hours each way

DIFFICULTY LEVEL: Medium Hard

GRAND BARBE



Challenge yourself across the wilderness to the Grand Barbe plateau, a 1km stretch of pristine white sandy beach. Chill out with some of the oldest residents of the island - the Giant Tortoises - or say Hello to the only two local residents that live in Grand Barbe, before making your way back to the resort.

DISTANCE: 10 KM each way

TIME: 3 Hours each way

DIFFICULTY LEVEL: Hard



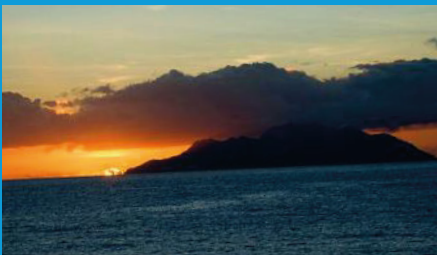
Hikes can be strenuous and only under taken if you are in good physical health conditions. Always be mindful of your surroundings and nature when on hikes and swimming. Alcohol should not be consumed prior or during any physical activities. It is recommended to do the longer hikes with a guide; should you wish to hike on your own, kindly let the reception know which trail you're going on.



Boat Excursions



SUNSET CRUISE



Discover the true beauty of Silhouette island. Take a gentle cruise around the island whilst sipping on some bubbles and enjoying the colourful display of the sun setting over the Indian ocean.

ISLAND TOUR

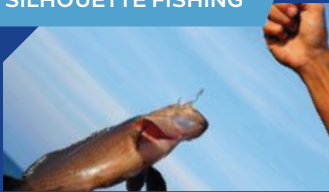


Make your way around Silhouette, explore its pristine snorkelling spots and discover the island from a different perspective.



Fishing Trips

SILHOUETTE FISHING



Feel the Creole spirit by fishing the traditional Seychellois way: the bottom line fishing. With only a hook and a weight tied to the end of a handline you can catch different types of fishes while enjoying an amazing Seychellois sunset. It's a very simple way of fishing which can also be done by beginners and children.

Potential Catches



Emperor



Grouper



Small Red Snapper



Jobfish

COASTAL TROLLING



Enjoy a fun and active way of fishing by trolling around Silhouette Island. Trolling is a method of fishing where one or more fishing lines, with lures or fish, are drawn through the water. We provide all necessary equipment; all you need to do is catch the fish!

Potential Catches



Dorado



Tuna



Bonito

OFFSHORE FISHING



Think you have what it takes to catch the big ones? Travel into the horizon and challenge yourself at trolling for the biggest game out in the Indian ocean. Take our luxury boats Ocean Rider or her sister Silhouette Princess for an exhilarating fishing experience of a lifetime.

Potential Catches



Dorado



Sailfish



Yellowfin Tuna



Tuna



Trevally

A Holistic Fishing Experience: Catch & Eat

Let us prepare your catch for lunch or dinner either in the restaurant of choice or in the comfort of your villa with a private BBQ. Freshly out of Indian Ocean. Room service Fish order will be chargeable.



Yoga

TRIAL SESSION - 45 MIN

Yogic warm up body exercise & general yoga posture
Single SCR 475 / Double SCR 800

BLISSFUL SESSION - 60 MIN

Yogic warm up body exercise, intermediate yoga posture & pranayama
Single SCR 600 / Double SCR 950

MEDITATION & PRANAYAMA AT RAMASSE TOUT HIKING POINT

Meditation and breathing exercise
Single SCR 600 / Double SCR 950

YOGA & THAI STRETCHING - 45 MIN

A traditional Thai stretching that improves blood circulation, opens your joints and improves body flexibility.
Single SCR 500 / Double SCR 800

AQUA YOGA SESSION - 45 MIN

Relaxing and soothing yoga postures in the swimming pool
Single SCR 600 / Double SCR 950

THE 3 DAYS JOURNEY - 3HRS

Combination of Asthanga, Vinyasa, Posture, Meditation & Pranayam
Single SCR 1550 / Double SCR 2500

THE 5 DAYS JOURNEY - 5 HRS

Combination of Asthanga, Vinyasa, Posture, Meditation, Pranayam & Thai Stretching
Single SCR 2500 / Double SCR 4300

THE 7 DAYS JOURNEY - 7HRS

Combination of Asthanga, Vinyasa, Posture, Meditation, Pranayam, Thai Stretching & Aqua Yoga
Single SCR 4200 / Double SCR 6800





THINGS TO DO

CREOLE COOKING CLASS



Looking for an authentic Creole experience? Discover the local culture through their delicious cuisine, learn the secret recipe to prepare a delicious curry and enjoy it for lunch at our antique Grann Kaz restaurant.

STARTER: Smoked Martin Salad

MAIN COURSE: Octopus curry

DESSERT: Banana Ladob

PADEL TENNIS



Padel is a form of tennis that is easy to play, fun and extremely sociable. The rules are broadly the same as tennis, although you serve underhand and the walls are used as part of the game with the ball allowed to bounce off them. Book your session now and master your skills in paradise



NATURE TALK



Join the Island Conservation Team while they bring you on an explanatory journey towards the secrets of Silhouette Island's wildlife. The team knows the island and all its inhabitants as good as nobody else and will be honored to share interesting information about some of the most particular fauna and flora on the island.



SUSHI MASTERCLASS



Discover the art of making sushi rolls and nigiri by mastering the details, led by best-in-class chefs of Sakura Asian Fusion Restaurant.

HOMMADE PASTA MASTERCLASS



Learn how to prepare Italian homemade pasta the original way! Our Pasta Masterclasses will give you the opportunity to learn to use beautiful seasonal ingredients to make three different authentic recipes.

Price List

	DAY	TIME	PRICE	MIN	MAX	INCLUSIONS
ANSE MONDON GROUP HIKE	Monday	09:00 - 15:30	SCR 1300/Pax	2	8	Hiking bag, cold lunch, water & soft drinks
ANSE MONDON PRIVATE		09:00 - 15:30	SCR 1900/Pax			Hiking bag, cold lunch, water & soft drinks
GRAND BARBE PRIVATE		08:30 - 18:00	SCR 2500/Pax			Hiking bag, cold lunch, water & soft drinks
GRAND BARBE HIKE	Friday	08:30 - 18:00	SCR 1900/Pax	2	8	Hiking bag, cold lunch, water & soft drinks
JARDIN MARRON	Wednesday	09:00 - 13:00	SCR 1300/Pax	2	8	Hiking bag, cold lunch, water & soft drinks
JARDIN MARRON PRIVATE		09:00 - 13:00	SCR 1900/Pax			Hiking bag, cold lunch, water & soft drinks
PRIVATE COASTAL TROLLING FISHING	Monday Wednesday Sunday	08:00 - 11:00	SCR 10100/Pax	Couple or Family		Water & soft drinks
COASTAL TROLLING FISHING	Monday Wednesday Sunday	08:00 - 11:00	SCR 2950/Pax	4	4	Water & soft drinks
LOCAL FISHING		17:00 - 19:00	SCR 1000/Pax	4	8	Baits, water & soft drinks
LOCAL FISHING PRIVATE (2 PAX)		17:00 - 19:00	SCR 5100/Pax			Family & Max 6 person
ROMANTIC CRUISE		17:00 - 19:00	Private or any other day SCR 3400/Pax			Min 2 person
ISLAND TOUR 4 HOURS	Morning Afternoon		Private or any other day SCR 6100/Pax			Min 2 person / family
OFFSHORE FISHING		07:30 - 11:30	Private or any other day SCR 6300/Pax			Min 4 person / family 6 person
ISLAND TOUR 2 HOURS	Morning Afternoon		Private or any other day SCR 4000/Pax			Min 2 person / family
SILHOUETTE CRUISE		17:00 - 19:00	Private or any other day SCR 1400/Pax			Min 6 / Max 12 person
CREOLE COOKING CLASS		12:00 - 14:00	Private or any other day SCR 1600 (RO/BB/HB), 1300 (FB)			Min 2 / Max 4 person
PADEL TENNIS			SCR 250/PER PERSON SCR 700/FOR FOUR			
PRASLIN TRIP			SCR 8900/Pax			





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